Supplement 1 – Physical Activity Points for Discovery Vitality Members

Discovery Health, a private medical insurance company in South Africa routinely collects data on members. As a medical insurance provider, Discover Health also collects data on chronic and acute medical conditions, including consultations, investigations, medications, hospitalisations, interventions and outcomes. These data are used for auditing, trends and tracking, budgeting, and managed care and are received from hospitals, pharmacies, and medical practitioners.

Discovery Vitality, a sister company of Discovery Health, is an incentive and rewards-based health promotion programme offered to Discovery Health members. Membership of Vitality is voluntary and by paid subscription. Vitality members can participate in a range of incentivised fitness interventions, including gym attendance, social running programmes (*parkrun and Myrun*), and organised endurance events. Members can also engage in self-chosen activities, which are recorded with various wearable activity tracking devices that measure frequency of activity, heart rate, duration of activity and/ or steps. The workout data from gyms and other partners and from various devices such the *Fitbit*, *Garmin*, *Polar* and *Apple Watch* are transferred seamlessly via an online platform to Vitality. Members are awarded points, which translate into rewards based on their weekly and monthly level of activity (see Table 1 for points awarded for various activities).

FITNESS POINTS YOU CAN EARN				
	50	100	200	300
Workout activities	Online workouts (30+ min)	myrun (2.5km) Health clubs (30+ min)*** Round of golf Run/Walk For Life		myrun (5km) parkrun Run/Walk For Life 5km+
Steps	5 000 – 9 999 steps*	10 000+ steps**		
Speed workouts		30+ min		
Light workouts at 60 – 69% of max heart rate		30+ min*		
Moderate workouts at 70 – 79% of max heart rate			30 – 59 min	60+ min
Vigorous workouts at 80%+ of max heart rate				30+ min

Table 1: Points awarded to participating Vitality members for various activities